

## Egg Substitutes for Baking

Rebecca Richter  
Edison High School

There are many **egg substitutes** available for baking or any recipes that calls for eggs. Most of the *egg substitutes* can be purchased at health food stores and most grocery stores. Here in this page, you can find excellent recipes that are tried and tested using various egg substitutes. This page will be regularly updated with various egg substitutes and recipes using them.

Egg Substitute	Quantity	Best Suitable For	How is the result?
Based on the information provided in <i>The Joy of Vegan Baking</i> by Colleen Patrick-Goudreau and <i>Cooking Free: 200 Flavorful Recipes for People with Food Allergies and Multiple Food Sensations</i> by Carol Fenster.</TR			
<b><u>Silken Tofu</u></b> (Click here for recipes)	Substitute ¼ cup of whipped silken tofu for each egg.	Rich, dense and moist cakes, cookies, breads and brownies	Baked goods won't brown as deeply, but they will be very moist and heavy.
<b><u>Flaxseed Powder</u></b> (Click here for recipes)	Whisk/blend together 1 teaspoon of flax seed powder with ¼ cup of water for each egg to be replaced. (Also see My Notes 1)	Flaxseed has a nutty flavor, so it works best that are grainier and nuttier, such as waffles, pancakes, bran muffins, breads and oatmeal cookies. Best in dark colored dishes.	The baked goods are heavier, dense.
<b><u>Pureed Fruits</u></b> (mashed bananas, applesauce, apricots, pears, prunes)	¼ cup for each egg. Increase leavening by 25-50%. Bake items slightly longer, if necessary.	Cakes, quick breads and brownies.	
<b><u>Vinegar and Baking soda</u></b>	1 teaspoon of baking soda along with 1 tablespoon of vinegar. Apple cider vinegar and white distilled vinegar can be used.	Cakes, cupcakes and quick breads.	
<b><u>Buttermilk, Yogurt or Baking Soda</u></b>	If there are no other ingredients to make the baked item rise, then one of these can be used in place of the egg. Replace the liquid in the recipe with same amount of buttermilk or thinned yogurt. Replace baking powder with ¼ as much baking soda.	cookies, bars and flatbreads.	
<b><u>Commercial Egg Replacer Powder (like EnerG)</u></b>	Whip together in a food processor or blender 1 ½ teaspoons powder and 2 tablespoons water. Sometimes 2-3 times as much powder in the same amount of water gives better results.	All baked goods, especially cookies.	Flavorless, won't affect the taste of the baked goods.

**Flaxseed powder** – Another ratio which is used widely while using flaxseed powder instead of egg is, whisking 1 tablespoon of the powder with 3 tablespoons of water. But I have not tried this ratio so far.

**Substitute for egg wash** – Simply use oil, dairy/nondairy milk, dairy/nondairy butter. ¼ cup of light corn syrup thinned with very hot water can also be used for glazing.

## Pancakes

- 1 1/4 cups all-purpose flour  
 2 tablespoons granulated sugar  
 2 teaspoons baking powder  
 1 beaten egg  
 1 cup milk  
 1 tablespoon cooking oil  
 1 T. white distilled vinegar

Substitute 1 tsp. baking soda  
 Stir together flour, granulated sugar, baking powder, and 1/2 teaspoon salt. Combine egg, milk, and oil; add all at once to flour mixture, stirring till blended but still slightly lumpy. Pour about 1/4 cup batter onto a hot, lightly greased griddle or heavy skillet for each standard-size pancake or about 1 tablespoon batter for each dollar-size pancake. Cook till golden brown, turning to cook other side when pancakes have a bubbly surface and slightly dry edges. Makes about eight 4-inch pancakes or about 30 dollar-size pancakes.

**Buttermilk Pancakes:** Prepare Pancake batter as above, except reduce baking powder to 1 teaspoon and add 1/2 teaspoon baking soda to the flour mixture; substitute 1 1/3 cups buttermilk or sour milk for the 1 cup milk. Add additional buttermilk to thin the batter, if necessary. Makes about 10 pancakes.

**Buckwheat Pancakes:** Prepare Pancake batter as above, except substitute 3/4 cup whole wheat flour and 1/2 cup buckwheat flour for the 1 1/4 cups all-purpose flour, and substitute 2 tablespoons brown sugar for the granulated sugar. Increase milk to 1 1/4 cups. Makes 8.

## French Toast

- 3 beaten eggs  
 3/4 cup milk  
 1 tablespoon sugar  
 1/8 teaspoon ground cinnamon (optional)  
 10 slices dry white bread  
 Butter, margarine, or cooking oil  
 Maple-flavored syrup

In a shallow bowl beat together eggs, milk, sugar, cinnamon, and 1/4 teaspoon salt. Dip bread in egg mixture, coating both sides. In a skillet cook bread on both sides in a small amount of hot butter, margarine, or oil over medium-high heat till golden brown; add more butter as needed. Serve with maple-flavored syrup. Makes 5 servings.

## Waffles

- 1 3/4 cups all-purpose flour  
 1 tablespoon baking powder  
 2 egg yolks  
 1 3/4 cups milk  
 1/2 cup cooking oil or shortening, melted  
 2 egg whites

In a large mixing bowl stir together flour, baking powder, and 1/2 teaspoon salt. In a small mixing bowl beat egg yolks with a fork. Beat in milk and cooking oil or melted shortening. Add to flour mixture all at once. Stir mixture till blended but still slightly lumpy.

In a small mixer bowl beat egg whites till stiff peaks form. Gently fold beaten egg whites into flour-milk mixture, leaving a few fluffs of egg white. Do not overmix.

Pour batter onto grids of a preheated, lightly greased waffle baker. Close lid quickly; do not open during baking. Use a fork to help lift the baked waffle off grid.

To keep baked waffles hot for serving, place in a single layer on a wire rack placed atop a baking sheet in a warm oven. Makes three 9-inch waffles.

## Popovers

- 1 1/2 teaspoons shortening  
 2 beaten eggs  
 1 cup milk  
 1 tablespoon cooking oil  
 1 cup all-purpose flour
- Oven 450°

Grease six 6-ounce custard cups with 1/4 teaspoon of the shortening for each cup. Place custard cups on a 15x10x1-inch baking pan or baking sheet and place in oven; preheat oven to 450°. Meanwhile, in a 4-cup liquid measure or mixing bowl combine beaten eggs, milk, and oil. Add flour and 1/2 teaspoon salt. Beat with electric mixer or rotary heater till mixture is smooth. Remove pan from oven. Fill the hot custard cups half full. Return to oven. Bake in a 450° oven for 20 minutes. Reduce oven to 350°; bake 15 to 20 minutes more or till very firm. (If popovers brown too quickly, turn off oven and finish baking in the cooling oven till very firm.) A few minutes before removing from oven, prick each popover with a fork to let steam escape. Serve hot. Makes 6.

Subject: \_\_\_\_\_

Name: \_\_\_\_\_

Period: \_\_\_\_\_

Date: \_\_\_\_\_

## Making It Rise

Do you like your pancakes light and fluffy? Or do you like them flat and moist? One ingredient in a recipe can make the difference. That ingredient is **leavening**.

Baking soda, baking powder, and yeast are kinds of leavening. Leavenings make foods rise as they cook.

Find out how leavening works. Get two plates and two sheets of paper. At the top of one paper, write *Leavening*. At the top of the other paper, write *No Leavening*. Put a plate on top of each paper.

Now follow the pancake recipe. It tells you how to make two kinds of pancakes: one with leavening and one without leavening. Then answer these questions.

1. Which ingredient is the leavening ingredient?  
\_\_\_\_\_
2. How does the pancake look without the leavening?  
\_\_\_\_\_
3. How does the pancake look with the leavening?  
\_\_\_\_\_
4. Taste the two kinds of pancakes. Which kind do you like better? Why?  
\_\_\_\_\_  
\_\_\_\_\_

### Pancakes

(Makes 9 small pancakes)

- ½ cup milk
- 1 tablespoon melted butter
- 1 egg
- ½ cup flour
- 1 tablespoon sugar
- ⅛ teaspoon salt

1. In a small bowl, beat together the milk, melted butter, and egg.
2. In another bowl, sift together the flour, sugar, and salt.
3. Add the dry ingredients to the liquid ingredients. Stir until the flour is moist.
4. Drop a spoonful of batter into a hot frying pan. When the bottom of the pancake is brown, turn the pancake over. Cook until the other side is brown. Place the pancake on the plate marked *No Leavening*.
5. Put 1 tablespoon of batter in a cup. Add ½ **teaspoon baking powder**. Stir until the baking powder is mixed in.
6. Add the baking powder mixture to the batter. Stir it in well.
7. Follow step 4 again to make a pancake. Place that pancake on the plate marked *Leavening*.

**Bonus:** Choose a leavening ingredient. Find out how it makes foods rise. Then explain it to your class.

## Chocolate Hazelnut Fruit Crepes

all recipes.com

Submitted by: StylinCook  
Rated: 5 out of 5 by 25 members

Prep Time: 10  
Minutes  
Cook Time: 10  
Minutes

Ready In: 20 Minutes  
Yields: 4 servings

"Can you say yum!!! I had these at a French breakfast restaurant, this recipe is the closest I can get it. Its so quick and easy but looks and taste like a gourmet breakfast! You can use any fruit you would like - strawberries, kiwi, pineapple are all great too !!"

### INGREDIENTS

1 cup chocolate hazelnut spread  
4 Crepes  
4 bananas, sliced  
1 (7 ounce) can pressurized whipped cream

### DIRECTIONS

1 Spread 1/4 cup of chocolate hazelnut spread onto each crepe. Arrange 1 sliced banana down the center of each one. Roll up, and place in a warm skillet over medium heat. Let them warm up for about 90 seconds. Transfer to plates, and serve topped with whipped cream.

## Strawberry Crepes

all recipes.com

Submitted by: ChrisNf  
Rated: 4 out of 5 by 34 members

Prep Time: 15  
Minutes  
Cook Time: 10  
Minutes

Ready In: 25 Minutes  
Yields: 4 servings

"Homemade crepes spread with semisweet chocolate, filled with strawberries and finished with whipped topping in this easy dessert."

### INGREDIENTS

CREPES  
1 egg, beaten  
1/4 cup skim milk  
1/3 cup water  
1 tablespoon vegetable oil  
2/3 cup all-purpose flour  
1/4 teaspoon white sugar  
1 pinch salt

### FILLING

1/2 cup semisweet chocolate chips  
1 cup sliced fresh strawberries  
3/4 cup frozen whipped topping, thawed

### DIRECTIONS:

- 1 In a large bowl, beat together egg, milk, water and oil. Beat in flour, sugar and salt until smooth.
- 2 Heat a medium, nonstick skillet over medium-high heat. Place a ladleful of crepe batter into center of pan, tilting to coat the bottom. Cook until golden brown on one side, turning once, 2 to 5 minutes. Continue with remaining batter.
- 3 In a small saucepan over low heat, melt chocolate chips, stirring constantly. Remove from heat.
- 4 To assemble, spread some melted chocolate on the lighter side of one crepe. Place a line of overlapping strawberries down the center of the crepe and roll it up. Top with whipped topping and drizzle with a bit more chocolate. Repeat with remaining crepes.

## Dessert Crepes

all recipes.com

Submitted by: ANN57  
Rated: 5 out of 5 by 222 members

Prep Time: 10  
Minutes  
Cook Time: 10  
Minutes

Ready In: 20 Minutes  
Yields: 8 servings

"Essential crepe recipe. Sprinkle warm crepes with sugar and lemon, or serve with cream or ice cream and fruit."

### INGREDIENTS

4 eggs, lightly beaten  
1 1/3 cups milk  
2 tablespoons butter, melted  
1 cup all-purpose flour  
2 tablespoons white sugar  
1/2 teaspoon salt

### DIRECTIONS

- 1 In large bowl, whisk together eggs, milk, melted butter, flour sugar and salt until smooth.
- 2 Heat a medium-sized skillet or crepe pan over medium heat. Grease pan with a small amount of butter or oil applied with a brush or paper towel. Using a serving spoon or small ladle, spoon about 3 tablespoons crepe batter into hot pan, tilting the pan so that bottom surface is evenly coated. Cook over medium heat, 1 to 2 minutes on a side, or until golden brown. Serve immediately.

## Lemon Snow Filling

all recipes.com

Submitted by: PSEEGER  
Rated: 4 out of 5 by 12 members

Prep Time: 15  
Minutes

Ready In: 15 Minutes  
Yields: 8 servings

"Fill your favorite crepe recipe with this creamy lemon filling. Top with raspberry sauce, and garnish with fresh raspberries."

### INGREDIENTS

1 (8 ounce) package cream cheese, softened  
2 cups confectioners' sugar  
2 tablespoons grated lemon zest  
1 cup heavy cream

### DIRECTIONS:

In a medium bowl, beat cream cheese until soft. Blend in confectioners' sugar, and beat until creamy. Mix in lemon zest. Whip cream in a chilled bowl. Fold into cream cheese mixture.

## CREPES

- 1½ cups all-purpose flour\*
- 1 tablespoon sugar
- ½ teaspoon baking powder
- ½ teaspoon salt
- 2 cups milk
- 2 eggs
- 2 tablespoons margarine or butter, melted
- ½ teaspoon vanilla

Mix flour, sugar, baking powder and salt. Stir in remaining ingredients. Beat with hand beater until smooth. Lightly butter 6- to 8-inch skillet; heat over medium heat until bubbly. Pour scant ¼ cup of the batter into skillet; *immediately* rotate skillet until thin film covers bottom.

Cook until light brown. Run wide spatula around edge to loosen; turn and cook other side until light brown. Stack crepes, placing waxed paper between each. Keep covered.

If desired, thinly spread applesauce, sweetened strawberries, currant jelly, or raspberry jam on warm crepes; roll up. (Be sure to fill crepes so the more attractive side is on the outside.) Sprinkle with powdered sugar. 12 CREPES.

\*If using self-rising flour, omit baking powder and salt.

### Eggless Crepes

Submitted by: LESSA80  
Rated 4 out of 5 by 8 members

Prep Time 10  
Minutes  
Cook Time 10  
Minutes

Ready in 2 Hours 20  
Minutes  
Yields 4 servings

"This is a great egg-free version of the classic French crepe that can be used as a snack, lunch item, or dessert (this was developed from the vegan version)."

#### INGREDIENTS

- 1/2 cup skim milk
- 2/3 cup water
- 1/4 cup butter, melted
- 2 tablespoons vanilla extract
- 1 cup all-purpose flour
- 1 tablespoon white sugar
- 1/4 teaspoon salt
- 1 tablespoon vegetable oil

#### DIRECTIONS

1 In a medium bowl, mix together milk, water, melted butter, and vanilla extract. In a small bowl, thoroughly mix flour, sugar, and salt. Whisk flour mixture into milk mixture until batter is smooth. Cover and refrigerate 2 hours.

Warm a medium skillet over medium-high heat. Coat pan with a small amount of vegetable oil and pour in about 2 tablespoons of crepe batter. Swirl pan to allow batter to spread out thinly. Cook until edges are crispy and golden, then flip to cook other side until lightly browned. Repeat with remaining batter.

### DO-AHEAD CREPES

Crepes on call, whenever you want them! Serve these elegant little pancakes even on a busy day. The secret? Make crepes ahead, then refrigerate or freeze them. Stack 6 to 8 together, with a layer of waxed paper between each. Wrap and refrigerate for several days. For long-term storage, wrap, label and freeze. When ready to use, thaw (wrapped) at room temperature about 3 hours. Crepes freeze well, but should not be stored in the freezer for more than 3 months.

## CREPES CHANTILLY

### Crepes (left)

- ¾ cup chilled whipping cream
- ¼ cup powdered sugar
- ¾ cup sliced fresh strawberries
- Powdered sugar

Prepare Crepes. Beat whipping cream and ¼ cup powdered sugar in chilled bowl until stiff. Fold in strawberries. Spoon about 2 tablespoons of the strawberry mixture onto each crepe; roll up. Place 2 crepes seam sides down on each dessert plate; sprinkle with powdered sugar. 6 SERVINGS.

## CHERRY BLINTZES

### 6 Crepes (left)

- ½ cup dry cottage cheese
- ¼ cup dairy sour cream
- 1 tablespoon sugar
- ½ teaspoon vanilla
- ¼ teaspoon grated lemon peel
- 2 tablespoons margarine or butter
- ½ cup dairy sour cream
- ½ can (21-ounce size) cherry pie filling

Prepare Crepes except—brown only one side. Cool, keeping crepes covered to prevent them from drying out.

Mix cottage cheese, ¼ cup sour cream, the sugar, vanilla and lemon peel. Spoon about 1½ tablespoons of the cheese mixture onto browned side of each crepe. Fold sides of crepe up over filling, overlapping edges; roll up.

Heat margarine in skillet over medium heat until bubbly. Place blintzes seam sides down in skillet. Cook, turning once, until golden brown. Top each with rounded tablespoon of sour cream and about 3 tablespoons pie filling. 3 SERVINGS.

## CHICKEN CREPES

### Crepes (below)

- 3 tablespoons margarine or butter
- 3 tablespoons flour
- ½ teaspoon salt
- 2 cups turkey or chicken broth
- 1½ cups finely cut-up cooked chicken or turkey
- ¾ cup chopped apple
- 1 medium stalk celery, chopped (about ½ cup)
- 2 tablespoons chopped onion

Prepare Crepes; keep covered to prevent them from drying out. Heat margarine over low heat until melted. Blend in flour and salt. Cook over low heat, stirring constantly, until mixture is smooth and bubbly; remove from heat. Stir in broth. Heat to boiling, stirring constantly. Boil and stir 1 minute.

Mix chicken, apple, celery, onion and ¾ cup of the thickened broth. Place scant ¼ cup chicken mixture on center of each crepe; roll up. Place crepes seam sides down in ungreased oblong baking dish, 13½x9x2 inches. Pour remaining broth over crepes. Cook uncovered in 350° oven until crepes are hot,